

Happier Mood & Brighter Outlook

If you have SEASONAL AFFECTIVE DISORDER, winter's short days and long nights may induce depressed mood; mild anxiety, fatigue; withdrawal from social situations; overeating; craving for sweets and carbohydrates; oversleeping, lack of energy, lack of enthusiasm and concentration. Light therapy can help boost mood and energy. Explore how it works, plus pros and cons @ <http://www.mayoclinic.com/health/seasonal-affective-disorder/MH00023>.

DEPRESSION — We all have "ups and downs" from time to time that come and go. But for people with depressive disorders, one or more of the following symptoms persist for days or weeks at a time:

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Loss of interest or pleasure in hobbies and activities that were once enjoyed, including sex
- Decreased energy, fatigue, being "slowed down"
- Difficulty concentrating, remembering, making decisions
- Insomnia, early-morning awakening, or oversleeping
- Appetite and/or weight loss or overeating and weight gain
- Thoughts of death or suicide; suicide attempts
- Restlessness, irritability
- Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, chronic pain

If you recognize that you or a family member has these symptoms, **help is available.**

Contact the Employee Service Program @ www.michigan.gov/esp.

In the Detroit area call (800) 872-5556/(313) 456-4020.

In the Lansing area call (800) 521-1377/ (517) 373-7630.



All ESP services are free, confidential & voluntary. For more information specific to men and/or women, please see the following:

- *Real Men Real Depression* @ <http://menanddepression.nimh.nih.gov/>
- *Depression: What Every Women Should Know* @ <http://www.nimh.nih.gov/publicat/depwomenknows.cfm>